



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

Weekend Zen Retreat

July 11-12, 2026



Rinzai, by Hakuin. From Zen Notes, Vol. 29, No. 2, 1977

Zen Meditation Schedule

Saturday July 11, Via Zoom	9:00 A.M – 12:00 Noon	Zazen
	12:00 Noon – 1:00 P.M.	Lunch Break
	1:00 P.M. – 4:30 P.M.	Zazen with a reading
	4:30 P.M. – 6:00 P.M.	Dinner Break
	6:00 P.M. – 9:00 P.M.	Zazen
Sunday, July 12 in person at 113 E 30th St:	6:00 A.M – 7:30 A.M.	Zazen with chanting
	7:30 A.M. – 9:00 A.M.	Breakfast Break
	9:00 A.M. – 12:00 Noon	Zazen with a reading
	12:00 Noon – 1:00 P.M.	Lunch Break
Zen Film Series:	1:00 PM – 3:00 PM	Anathapindika; Bhadda Kundalakesa

Readings for this retreat will come from The Flower Ornament Sutra (the Avatamsaka Sutra) translated by Bhikshu Dharmamitra. The Zoom connection link is available on the “Schedule” page at www.firstzen.org.

Date of next Retreat: August 8-9, 2026